

Set	Items	Description
S1	3202867	COMPUTER
S2	668498	COMPUTERS
S3	275945	MONITOR? ?
S4	34335	CPU OR CPUS
S5	7079	CENTRAL()PROCESS?()UNIT??
S6	20547	CRT OR CRTS
S7	7779	CATHODE()RAY()TUBE? ?
S8	278413	PC OR PCS OR PERSONALCOMPUTER?
S9	79703	WORKSTATION? OR WORK()STATION?
S10	486801	TERMINAL? ?
S11	179320	PC=3573?
S12	60597	TOY OR TOYS
S13	6662	SOUND() (PRODUCE?? OR PRODUCING OR PRODUCTION)
S14	1530419	DEVICE? ?
S15	2298595	ELEMENT? ?
S16	22	PUNCHBAG?
S17	559	PUNCH?() (BAG OR BAGS)
S18	5982	PC=3944?
S19	314777	ATTACH????
S20	811813	CONNECT???
S21	31677	FASTEN???
S22	259561	ENGAG?????
S23	444476	MOUNT???
S24	31378	ADJOIN???
S25	214911	ADJACENT??
S26	3523026	REDUCE?? OR REDUCING OR REDUCTION
S27	180871	EASE?? OR EASING
S28	215875	RELIEF OR RELIEV?
S29	32251	LESSEN???
S30	49110	ABATE???? OR ABATING
S31	67080	MITIGAT???
S32	2021098	DECREAS???
S33	438850	MODERAT???
S34	299481	HIT OR HITS OR HITTING
S35	8569	SMACK???
S36	720261	CONTACT OR CONTACTS OR CONTACTED OR CONTACTING
S37	56195	PUNCH???
S38	352272	STRIKE?? OR STRIKING OR STRUCK
S39	66437	SQUEEZ???
S40	1212019	IMPACT???
S41	1448091	STRESS???
S42	309945	TENSION??
S43	140604	ANGST?
S44	151010	ANXIETY OR ANXIOUS????
S45	12722	APPREHENSII??
S46	16742	IMPATIENT?
S47	0	IC=A63H?
S48	2102787	SUPPORT???
S49	729237	CONTACT???
S50	14374	S1:S11 AND S12:S18 AND (S19:S25 OR S48:S49) AND S26:S33 AND S41:S46
S51	11343	S50 AND (S34:S40 OR S47)
S52	14374	S50 OR S51
S53	1080	S52 AND (S19:S25 OR S48:S49) (5N)S12:S18
S54	22	S53 AND S34:S40(5N)S12:S18 AND S26:S33(5N)S41:S46
S55	7	S54 AND S12:S18(5N)S41:S46
S56	2	S55 AND S12:S18(5N)S1:S11
S57	314	S53 AND (S34:S40(5N)S12:S18 OR S26:S33(5N)S41:S46)
S58	44	S57 AND S12:S18(5N)S41:S46
S59	51	S57 AND S12:S18(5N)S1:S11

S60            94    S54:S56 OR S58:S59  
S61            69    S60 AND PY<2002  
S62            68    RD (unique items)  
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03016238 (USE FORMAT 7 OR 9 FOR FULLTEXT)

Stress at work  
von Onciul, Julia  
British Medical Journal (International) (IBMJ), v313 n7059, p745-748, p.4  
Sep 21, 1996  
ISSN: 0959-8146 JOURNAL CODE: IBMJ  
DOCUMENT TYPE: Feature  
LANGUAGE: English RECORD TYPE: Fulltext; Abstract  
WORD COUNT: 2173

ABSTRACT: A change in the balance between physical and mental activity has been caused by changes in the work environment, leading to an increase in mental and emotional strain. Workplace **stress** and the general adaptation syndrome are discussed.

Copyright British Medical Journal 1996

DESCRIPTORS: **Stress** ; Work environment; Mental disorders; Occupational psychology  
SPECIAL FEATURES: Photograph

Stress at work  
1996

...ABSTRACT: changes in the work environment, leading to an increase in mental and emotional strain. Workplace **stress** and the general adaptation syndrome are discussed.

TEXT:

... led to a change in the balance between physical and mental activity. Technological developments have **reduced** the amount of heavy physical work. Mental and emotional strain have increased in new working...

...syndrome, described by the physiologist Selye in 1975, characterises the process of prolonged exposure to **stress** and is a useful staged concept.

What triggers work **stress** ?

**Stressors** are the agents which trigger the various **stress** reactions. Today's environment provides physical, emotional, and mental **stressors** that set off the initial alarm reaction. Physical **stressors** in factories are usually linked to noise and physical and chemical hazards. Emotional or mental **stressors** can be unpleasant or pleasant. A promotion can be just as **stressful** as the loss of a position.

(Table Omitted)

Captioned as: General adaptation syndrome

**Stressors** are additive and can build up. The way in which people are affected depends on their values, experience, and adaptability. A single **stressor** can become compounded if **elements** of the established **support** system fail-for example, if a car breaks down on the way to an important meeting. 1 Alarm reaction

(Table Omitted)

Captioned as: Work related **stressors**

This is the immediate response to a challenge or threat. Mobilisation of the autonomic nervous system triggers the **stress** response ("fight or flight" response). The various body systems involved coordinate the readiness for action, influencing mood (limbic system), the regulation of the cardiovascular system, breathing, muscle **tension**, and fine motor

activities.

## 2 Resistance stage

(Table Omitted)

Captioned as: Symptoms of the alarm reaction

The alarm reaction cannot be maintained indefinitely, and longer exposure to **stressors** causes people to reach the resistance stage. In this phase people develop a "survival" strategy and a way of fighting against the response the **stressor** has initiated.

Coping mechanisms may be adequate or inadequate. People tend to prefer short term **relief** to long term solutions and try to escape uncomfortable situations with a quick remedy. Unfortunately...

...term measures are inadequate because they usually lead to secondary problems such as long term **reduction** in performance. People need help to identify measures that can lead to long term benefit.

## 3 Exhaustion stage

(Table Omitted)

Captioned as: Examples of coping strategies

The **stress** response is healthy in origin and is necessary to keep a person motivated and adaptable...

...high or cannot be met in an appropriate way that the person becomes "distressed." Prolonged **stress** can lead to chronic problems, ultimately an exhaustion of all reserves and energies and even...

...the problems present elsewhere (at home or in the doctor's surgery).

Emotional symptoms of **stress** in the exhaustion stage relate to depression and frustration. These may be manifested in uncontrollable crying; lack of interest in friends, hobbies, and family; and general indifference and **reduced** attention to personal issues such as exercise, clothes, and eating. In extreme cases self destructive...

...often accompanied by extreme guilt. Panic attacks and restlessness can make work difficult and increase **stress** at work as they are more apparent to colleagues.

Mental dysfunction in the exhaustion stage...

...more apparent to colleagues. The resulting loss of confidence and control disturbs the individual, further **reducing** performance. Misuse of alcohol, cigarettes, tranquillisers, and other drugs is often observed.

Burnout-This term describes the emotional and psychological results of long continued **stress** and is based on studies of the social professions, teachers, social workers, and medical staff...

...and emotional exhaustion ultimately lead to apathy and revulsion against everything and everybody.

Post-traumatic **stress** disorder is a specific form of **anxiety** disorder following exposure to an extraordinary **stressor** outside the usual realm of human experience (such as witnessing an armed robbery or fatal...

...organisations that experience traumatic incidents (such as intensive care units, banks) often use post-traumatic **stress** debriefing techniques to prevent development of the disorder. However, their value has not yet been proved. Established post-traumatic **stress** disorder needs specialised help.

The amount of **stress** experienced by a person depends on various factors. Heredity plays a role in determining the...

...related to lifestyle-such as sleeping and eating habits and behavioural type. The reaction to **stress** will depend on what strategies are available

to the individual-such as relaxation techniques and a person's susceptibility to **stress** at work.

Factors in the working environment that affect **stress**

**Stress** is often related directly to the job specifications and working environment or to relationships with...

...Omitted)

Captioned as: Members of the emergency services are at particular risk of post-traumatic **stress** disorder.

(Table Omitted)

Captioned as: Individual susceptibility to **stress**

Some of the **stress** also relates to the identification of a person's role-is the person being asked...

...is often linked to a lack of autonomy and control in a job.

Dealing with **stress**

Doctor's role

(Table Omitted)

Captioned as: **Stressors** in the working environment

The extent of **stress** at work and its implications are often difficult to investigate and delineate. This is especially...

...in the family"), backache ("scoliosis"). Patients themselves may not want to recognise the presence of **stress**. For example, those with "type A" personalities often demand a quick, functional, and "easy" remedy...

...of insight into possible factors in the workplace. It may be difficult to establish whether **stress** is the result or the cause of a problem at work. **Stress** may also be part of a wider picture and due to problems outside the working environment-thus, underlying problems in the family or social environment may manifest themselves in **stress** at work.

If a patient has longstanding **stress** it may be difficult to trace the origin and trigger of the symptoms. Inquiries about...

...to identify the start of the problems. With patients who have recently developed symptoms of **stress**, a few direct questions can indicate a relation to the working environment. Such questioning may...

...or long term problems that may need closer attention and further investigation.

The root of **stress** at work may be major changes in the organisation such as new systems of work...

...such as factory floor versus office. This may give a clue to the type of **stressor** encountered-such as noise versus pressure to negotiate a deal. Ask about symptoms occurring typically days before or after a work related **stress** -a "viral" infection three days after an important meeting, a headache before going to work in the morning or on weekends after a particularly **stressful** week.

Prescribing drugs-Tranquillisers and 3 blockers are popular for short term **relief** of **stress** but can be disastrous in the long term because of the risks of dependency with...

...s role

(Photograph Omitted)

Captioned as: A person's working environment determines what types of **stressor** he or she may encounter.

(Table Omitted)

Captioned as: Difficulties in exploring **stress** at work

(Table Omitted)

Captioned as: Exploring work related **stress**

**Stress** management requires the patient's cooperation and active participation. There are psychological implications, and the...

...take responsibility for his or her actions, thinking about solutions and most probably changing behaviour.

**Stress** management involves:

- \* External changes-that is, in lifestyle and working environment
- \* Internal changes-in behaviour and perception, and in biological response.

Main strategies for **reducing** work **stress** include:

- \* Optimising the workplace where possible and required-get help from an occupational health specialist
- \* Balancing work **stress** with a healthy lifestyle and relaxing activities
- \* Changing personal and work attitude and behaviour where...

...for one hour after four hours of continuous work)

- \* Small physical exercises are useful for **computer** users
- \* A few deep breaths with slow exhaling can counteract an immediate **stress** reaction or panic attack
- \* Make use of available courses run by psychologists.

Cooperation in managing **stress**

Most workplaces do not employ occupational health staff, but if they do so it is...

...fundamental psychological issue: for example, a serious lack of interpersonal skills or addictive behaviour.

Other **support** groups-It is useful to keep a list of bodies and organisations that provide names of **support** groups, training courses on relaxation, and books on **stress** management. The last form of **support** may be a tool for the patient who is unwilling to attend open group discussions.

Recognition-The English courts have recognised that work related **stressors** can contribute to the breakdown of mental health, reminding employers that they have a duty...

...as well as their physical health. Patients will appreciate it if their doctor recognises that **stress** is ubiquitous, affecting many people, but allowing of remedial action. It is important to take away the feelings of stigma and failure that often obsess patients with **stress** symptoms and which lead to an increase in their pressure levels.

(Table Omitted)

Captioned as: Courses that may help to **reduce stress** at work

(Table Omitted)

Captioned as: Practical self management for **stressed** patients

(Table Omitted)

Captioned as: Relaxation techniques

(Table Omitted)

Captioned as: Multidisciplinary approach to treatment...

...were taken by Norman Lomax and Ben Edwards respectively and were reproduced with permission of **Impact**.

Julia von Onciul is a senior manager of Lucas Varity Industries Management Development and Training...

DESCRIPTORS: **Stress** ;

DIALOG(R)File 484:Periodical Abs Plustext  
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01137112 (USE FORMAT 7 OR 9 FOR FULLTEXT)

**Best Buys in Ergonomic Supplies**

Murray, Christopher

Home-Office Computing (GFHC), v10 n8, p18-19, p.2

Aug 1992

ISSN: 0899-7373 JOURNAL CODE: GFHC

DOCUMENT TYPE: Commentary

LANGUAGE: English

RECORD TYPE: Fulltext; Abstract

WORD COUNT: 946

LENGTH: Medium (10-30 col inches)

**ABSTRACT:** Tips for buying ergonomically-designed furniture and accessories are presented. To prevent cumulative trauma disorders, one must also learn how to use office equipment properly.

Copyright Family & Home Office Computing 1992

**DESCRIPTORS:** Occupational safety; Office equipment

**SPECIAL FEATURES:** Illustration

**1992**

**TEXT:**

... Armrests are important for people who compute for long periods of time, because they can **relieve tension** by **supporting** their forearms. If your chair doesn't have casters, the tendency is to stay put...

...constructed general-purpose swivel chairs with adjustable height and tilt, armrests, and reinforced lower-back **support** ..

If your chair has no height adjustment, you can purchase a footrest that will elevate...

...recommend using a footrest regardless of whether or not you can adjust your chair.

Back **supports** and seat cushions are Band-Aid solutions that may temporarily alleviate back strain and chair...

...decent chairs. Few office chairs are deep enough to accommodate even the thinnest cushions. But **support** pillows can prove useful on long-distance driving trips. BackSaver Products manufactures a Back Aide...

...split surface that allows you to adjust the angle of both the keyboard and the **monitor** .

Keyboard- **support devices** fall into two categories. Stationary keyboard **supports** , which **attach** underneath the desk and pull out like a drawer, or articulating keyboard **supports** , which **attach** to the desktop and can be raised, lowered, swiveled, and tilted. Microcomputer Accessories offers a Super Underdesk keyboard drawer for \$58. Steelcase sells a Details articulating keyboard **support** for \$370.

The wrist rest is essential in preventing CTDs. It helps your wrists **support** your arms and, hence, allows the arm and shoulder muscles to relax. Microcomputer Accessories makes the Keyboard Platform, which also adjusts the angle of the keyboard.

Your **monitor** should be about 20 degrees below your line of sight and should be positioned between...

...of thumb, you should have to sit up very straight to see over it.

Articulating **monitor** stands elevate the **monitor** and help free up desk space. Stationary **monitor** stands are more common and less expensive.

Some of these incorporate slide-out keyboard trays, accessory compartments, and swivel/tilt features.

The primary obstacle to clear viewing is reflected light. **Computer Covers Unlimited** offers Champ Polar Filter Shields for \$149 to \$254, for polarized-glass models...

...be unsuitable for some people since the mesh itself can obstruct viewing.

Low-radiation screens **reduce** electrical emissions coming from the screen itself. **Computer Covers Unlimited** sells a variety of VU-TEK I optical **devices**, ranging from \$90 to \$350. It is widely believed that very-low-frequency (VLF) and...

...consideration is that your document be placed within the same arc of vision as the **monitor** and keyboard.

#### HELPFUL HINTS

Ergonomics has as much to do with habits as it does...

...wriggle your toes, and tilt your head from side to side. The object is to **relieve tension** by not staying put.

\* AVOID **STRESS**. Most researchers identify **stress** as a major factor contributing to workplace health problems, including CTDs.

The BackCare Corporation publishes...

...ergonomics. They also provide consultations on selecting ergonomically designed furniture and accessories. For more information, **contact** the BackCare Corporation, 200 S. Des Plaines Ave., Suite 309, Chicago, IL 60661, or call...

...a furniture-and product-design firm in Baltimore.

#### PRODUCT INFORMATION

BackSaver Products, (800) 251-2225 **Computer Covers Unlimited**, (619) 277-0622 Herman Miller, (616) 772-3300 Microcomputer Accessories, (800) 521-8270...